

Of Interest to Women



THE MIXING BOWL

By ANNE ALLEN
Home Economics

Hello Homemakers! Apples score their personal hit. Of all our gorgeous health resources, there's none to surpass our grand Canadian apple — big, rosy, luscious and healthful. Rightly indeed, do we call them our national fruit. In many army camps men have yearned for a crisp, juicy apple. We, who take them for granted, should appreciate the satisfaction of eating the raw fruit as well as the variety of uses for cooking.

There's more than mere myth in the saying that "An apple a day keeps the doctor away." Apples have really sound dietetic value—notice in that they have a healthful effect on the digestive system. Team them with flour matzoh and cereals, and you'll have many a satisfying energy-rich dish; let the flour and cereal be whole grain products and you have a food that's outstandingly healthful. To widen the scope of apple dishes you serve, remember how well they go with main courses. Use apples not only in salads, but in savory casseroles, soups with pork or veal. You'll find dishes using apples that you'll want to serve again and again. Here are a few recipes:

Apple Fritters

1 1/2 cups ready-mix for pancakes, pinch of nutmeg, 2 eggs, 4 cup milk (more if required), sweetened apple pieces, fat for deep-frying.

To ready-mix add milk. Beat eggs and add milk. Stir slowly into dry mixture, combining to a smooth batter. Add additional milk if necessary to make a batter of thick "pour" consistency.

Cut peeled apples in pieces and sweeten lightly. Dip in batter, drain slightly, and lower into deep hot fat at 350 degrees (hot enough to brown cube of bread in 60 seconds). When golden-brown drain on crumpled absorbent paper. Serve very hot.

Sausage-Apple Cobbler

1 pound sausage, unspiced apple rings, 2 cups pastry flour, 4 tsp baking powder, 1/2 tsp salt, 3 tbsp shortening, 1/2 cup milk.

Fry sausages lightly and arrange in 8-inch square pan, with the unspiced red apple rings (sweeten the apples lightly, if desired).

Sift the flour once before measuring. Add baking powder and salt, and sift again. Cut in the shortening finely, using two knives or a pastry blender. Gradually add milk, mixing in lightly to make a stiff drop batter (use a little additional milk, if necessary). Spread over the apples and sausages, and bake in a hot oven, 425 degrees about 25 minutes. Cut in squares and serve hot.

Apple Stuffing

1 cup oatmeal, uncooked, 4 cups soft bread crumbs, 1/2 cup chopped onion, 1/2 cup water, 1 tsp salt, 1/2 tsp pepper, 2 tsp poultry seasonings, 1/2 cup shortening, melted, 1 cup chopped apple.

Combine all ingredients in order given. Let stand five minutes, and use to stuff a boned roast of pork, veal or lamb, or such poultry as duck, goose or chicken or pork spare-ribs. Roast according to your favorite method.

THE QUESTION BOX

Mrs. J. T. asks: What is the method of whipping light cream that we can buy now?

Answer: This is a sure way. 1/2 cup milk, 1/2 tsp water, 1/2 envelope (1/2 cup light cream, few grains salt.

Add milk gradually to granulated gelatin in a cup. Place in a pan of hot-water for a few minutes to dissolve gelatin, stirring constantly. Pour into enamelled bowl; add the cream and salt. And mix. Place in bowl of ice and whip with rotary beater 5 to 7 minutes or until mixture holds its shape. Serve.

Mr. M. B. asks: What is the best method of telling which are best citrus fruits to buy?

Answer: Feel the weight of oranges and grapefruit, then choose the heavy ones. Those are the juicy ones. Compare the weight of two lots by one from each group in each hand. Fruits are graded very well.

Mrs. B. T. asks: Would imitation cinnamon have any effect on the sprage of spice cake? Our spice cake tasted powdery after four days.

Answer: No. Store cakes in a tin box with 4 or 5 small holes in the side for ventilation.

CANCEL ONE EAGLE

SWIFT CURRENT, Sask. (CP)—Dan Dojacek's feud with the eagles has ended. The Saskatchewan power commission has announced when eagles persisted in landing on a certain transformer pole but every time he did to make them go away was futile until the voltage was stopped up. One eagle was electrocuted and no others have dared land on the pole since.

The Sunday School Lesson

SUNDAY, JANUARY 28th, 1946

TESTS OF CHRISTIAN LOYALTY

Golden Text.—Seek ye first the kingdom, and his righteousness; and all these things shall be added unto you. Matt. 6: 33.

Lesson Text.—Matt. 6: 33; 7: 12, 16-29.

Place.—Horns of Hattin.

Explication.—I. First Things first.

One of the wisest changes in the R. V. is that in verse 25 from "Take no thought" to "Be not anxious." It is a command of Christ that we "be not anxious" about our "life," about what we are to "eat," or "drink," or "wear." Our Lord Jesus Christ says this with you, you are disobeying Jesus Christ, and that is a serious matter (Jas. 15: 14; 14: 21, 23). But Jesus tells us why we must not be anxious about these things: the reason is found in the words "therefore," which points back to the preceding verse—the thought is that we will not set upon "therefore" if a man's heart is wholly set on pleasing God. He will be absolutely free from any anxiety about worldly things. If we are anxious about our life, our food, our drink or our clothing, it is proof positive that the whole will is not surrendered to God.

II. Practicing the Golden Rule, 12.

The principle contained in v. 12 sweeps the whole debatable ground of Christian conduct, between man and man. It prevents the necessity of laying down endless little rules for behaviour in specific cases; it shows us a balance and a measure, by which we may see at once what is our duty. How many intricate questions would be decided, at once, were this rule rightly followed. "I will do nothing to hurt my brother," says Paul (1 Cor. 10: 24). This rule applies to the entire fabric of human life, and clears up all the cloudy issues which are continually arising between man and man. It reduces the entire exercise of human conduct to a simple formula, the working of which is clear as noonday: Is there anything we would not care to have our neighbor do to us? Then let us always remember, that that is the very thing we ought not to do to him. On the other hand, is there anything we would like to have him do which would gratify us exceedingly? Then that is the very thing we ought to do to him (v. 12).

III. "By Their Fruits," 16-20

That there should be false professors and false teachers in the world should cause us neither surprise nor dismay. Jesus predicted from the beginning that it should be so, and the fact that it is so, is simply a confirmation of the truth of His word. Jesus commands us to beware of false prophets, men who profess to speak for God, but who, in reality, are speaking for the devil. There never was a day in which that injunction was more needed than to-day. In outward guise, these men may be meek, but there is a ravenous heart within. "What are men inwardly?"

That is the question. How can we tell? By their fruits. What is the fruit of the prophet's teaching? Is it grapes and figs, or thorns and thistles? "Tried by this (or)ristlewood test much that is faulded in our day as 'advanced thought' is found to be error. But that all-important question for each of us, what kind of fruit am I, myself, bearing? The only way to lead a holy life is by having a regenerate heart—a heart thoroughly under the control of the Spirit of God (Gal. 5: 19-23). If a man is not born again, he is bound to bring forth evil fruit. A corrupt tree cannot bring forth good fruit. A man must be born again, to see or enter the kingdom (Jno. 3: 3-5, 1 Jno. 3: 9, 10).

IV. Tested by Obedience to Christ, 21-29

It is not calling Jesus "Lord" but doing God's will that makes us fit for the kingdom. If we really make Jesus Lord, we will do the Father's will as that we believe on Him (Jesuit) whom He has sent (Jno. 6: 28, 29). Even up to the Judgment Day, there will be many who count themselves His because they call Him "Lord, Lord," but who will find out that, after all, they were not His. It is plainly suggested, that one may even achieve wonders, in the name of Jesus who has no saving knowledge of Jesus Himself (1 Cor. 13: 2). The only rock that will stand for eternity is Christ (Jas. 26: 4; 28: 16; 1 Cor. 3: 11). We build upon Him by listening to what He says, and then doing it. Merely hearing Christ's sayings and not doing them will not save; hearing and doing will save (Jno. 5: 24). We build upon Jesus by obeying Him. Any faith that does not lead to obedience is not faith. The one who hears Him, and obeys Him, builds upon the Rock. Testing times will come, but he will not fall for he is founded upon the Rock. The one who hears but does not do may appear to be building upon the same foundation. But the time of testing will show that he is a foolish man that he has built upon the sand.

Chronicles of

Ginger Farm

Written Regularly for The Acton Free Press by OWEN DOLINE P. CLARKE

DOWNRIGHT COMIC

Any other Saturday you would see farmers in groups talking as freely and easily as you please. But not this Saturday. There were groups of men talking—yes—but they were all in their "good" clothes and looking very pleased with themselves, and obviously all of one party. Presently a man in overalls would come along, give the group he was passing a furtive glance, accompanied by an almost imperceptible nod. His nod would be returned by one equally perturbed accompanied by a glance at once self-conscious and condescending. It was as good as a ploy to watch—and the players in unobtrusive of it all.

Then began the trolf out of town—but I noticed it was only the man in overalls who appeared to be in any hurry. The men who were "dressed" were apparently loath to leave their business.

The real climax of this little story will come on Monday night when another party convention is being held—and I haven't a doubt the furtive glances and the condescension will then be in reverse.

Of course it wasn't long before I had to think about getting a ride home. But with whom? I really wasn't particular. Far be it from me to criticize or dislike any person on account of his party or creed. I think there is enough room in the world for all of us. However, just as I was considering taking my chance on the open road, I saw a well-known team coming along, bo-sleigh attached. It was our neighbor and a ride home in the open air suited me just fine. So away we went and I was driven right up to our own back door. And that is more than any car could do, as we still are very much concerned in as far as our lane is snowed in. But yet you would hardly think it. There are no drifts just a solid layer of deep, deep snow which will disappear in very short order once we get that January thaw.

At times like this it does seem to be rather a good idea to live on a provincial highway. Certainly the road machinery has made a wonderful job of clearing the snow. I don't think we have ever seen the snow banks as high. In places I am sure they must be seven or eight feet high. I am just wondering how many mail boxes will be left standing by the time the snow gets away. The snow plow takes everything in its stride. If it happens to be in the road I heard a story of a horse that dropped dead on one of our roads. The only

thing the owner could do was leave it for the time being. Before he could get back the snow plow—or bulldozer—I'm not sure which—came along and scooped up horse, sleigh and all. One thing certain, it could not hurt the poor old horse, but it must have given the snow plow driver an awful shock.

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SOUTH AFRICA HACKS LARGE WOOL FACTORY

MORT-ELIZABETH, South Africa (CP)—Establishment of a government-financed, £650,000 (\$3,000,000) wool factory at nearby Uitenhage has been announced by Prime Minister Smuts.

Initially the whole capital will be subscribed by the Industrial Development Corporation, a government undertaking, but later wool-growers would be able to buy shares and hold office on the directorate.

Merino wool was one of South Africa's best farm products and one of the best wools in the world, Gen. Smuts said, expressing belief the new factory would be the founder of bigger developments in the business.

"I think it is always better to do business on private lines than through government officials and controls of parliament, but there are cases when you cannot avoid it," he said.

Protect Hog With All-Year Cabin

Profits from hogs, like profits from most other lines are largely affected by the size of the initial layout. The hog does not need an expensive house but it must be kept clean, with the possibility of being kept clean with the least amount of labor. On a farm where a few hogs are reared or even where a herd of 100 sows may be kept, the necessary housing can be provided by cabins and box stalls for the fattening sows built on the plan of what is known as the "All Year Hog Cabin." Such a cabin is useful 365 days in the year, no matter how small or large the herd may be. . . . In its construction, the all year cabin gives excellent protection in winter and summer. It is inexpensive and is built on runners so that it may be removed to fresh ground at any time. In summer, lack of shelter from the intense heat is more injurious to young pigs than the cold of winter. By the use of hinged doors, comfort both in summer and winter is assured. Specifications for making the cabins are contained in the revised circular 131 (Publication C17) "The All Year Hog Cabin", which may be obtained free from the Dominion Department of Agriculture, Ottawa.

REAL OLD TIMES
WETASKIWIN, ALTA. (CP)—Believed to be the oldest person in Alberta, James H. Winter will be 104 May 5. He fought in the American civil war, ranched in Texas, farmed in Ontario and Michigan, homesteaded in Alberta and built railway bridges in the '80s. He retired from his active life just five years ago.

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"SALADA" TEA

WHERE ARE THE HYDRO LINES?

ARE YOU, TOO, WAITING FOR HYDRO RURAL SERVICE? If so, you can be sure that Hydro is working in your direction as fast as possible. Actually, in 1944, The Hydro-Electric Power Commission of Ontario constructed 10 times as many miles of rural lines as in 1943.

In 1943, there were approximately 40 miles of rural lines constructed.

In 1944, there were approximately 400 miles of rural lines constructed.

Consumers added in 1944 numbered 2025

Consumers added in 1943 numbered 9776

War-time shortages of manpower and materials prevented even greater expansion in 1944; as an example, some 1200 Hydro employees are in the armed forces or on loan to the Government for special technical work . . . many materials needed in the construction of Hydro lines are also required in the manufacture of war weapons . . . your Hydro is doing its best under the existing conditions to provide electricity to essential services.

There are now about 6000 applications for new rural services which have been approved that will be connected as soon as possible. However, there will probably be further delays because of the acute shortages of manpower and materials as a result of the war. If the Hydro lines seem unduly slow in getting to your farm, please understand that the Commission while handicapped is none the less doing its utmost to serve you.

THE HYDRO-ELECTRIC POWER COMMISSION OF ONTARIO